

Online Supporting Material

Supplemental Table 1. Percentiles (\pm SE) of Calcium intake from the Diet Alone and Total Calcium Intake (dietary and supplemental sources) by Dietary Reference Intake Gender and Age Groups in the United States 2003-2006¹

			Calcium (mg/d) Diet - Only						
Males	Age (y)	n	1	5	25	50	75	95	99
	1-3	405	341 \pm 23	485 \pm 19	747 \pm 18	965 \pm 26	1213 \pm 41	1622 \pm 72	1967 \pm 103
	4-8	431	452 \pm 43	602 \pm 32	843 \pm 26	1034 \pm 29	1248 \pm 39	1591 \pm 60	1866 \pm 79
	9-13	522	466 \pm 58	607 \pm 52	846 \pm 38	1046 \pm 32	1269 \pm 39	1645 \pm 77	1937 \pm 117
	14-18	654	385 \pm 43	560 \pm 41	895 \pm 35	1195 \pm 34	1562 \pm 51	2214 \pm 103	2768 \pm 157
	19-30	549	443 \pm 32	592 \pm 31	875 \pm 28	1137 \pm 29	1462 \pm 46	2070 \pm 101	2620 \pm 159
	31-50	758	396 \pm 28	567 \pm 29	817 \pm 27	1062 \pm 25	1357 \pm 30	1885 \pm 56	2334 \pm 84
	51-70	614	315 \pm 19	436 \pm 20	671 \pm 18	890 \pm 18	1161 \pm 26	1674 \pm 56	2130 \pm 91
	\geq 71	368	317 \pm 19	428 \pm 17	636 \pm 17	823 \pm 22	1055 \pm 35	1474 \pm 66	1841 \pm 100
Females	1-3	384	382 \pm 30	517 \pm 26	751 \pm 22	939 \pm 27	1152 \pm 38	1501 \pm 62	1781 \pm 86
	4-8	468	385 \pm 32	512 \pm 30	736 \pm 23	919 \pm 25	1136 \pm 38	1495 \pm 74	1777 \pm 105
	9-13	525	386 \pm 66	511 \pm 58	736 \pm 44	927 \pm 42	1158 \pm 62	1558 \pm 124	1894 \pm 193
	14-18	643	312 \pm 35	430 \pm 33	645 \pm 26	837 \pm 24	1064 \pm 36	1459 \pm 75	1779 \pm 113
	19-30	481	322 \pm 36	437 \pm 33	629 \pm 26	799 \pm 24	1004 \pm 35	1369 \pm 71	1670 \pm 109
	31-50	693	289 \pm 23	400 \pm 22	613 \pm 16	811 \pm 17	1056 \pm 31	1505 \pm 70	1910 \pm 114
	51-70	610	290 \pm 15	392 \pm 17	581 \pm 19	750 \pm 22	952 \pm 28	1315 \pm 44	1629 \pm 60
	\geq 71	332	250 \pm 15	346 \pm 15	532 \pm 15	703 \pm 16	914 \pm 22	1303 \pm 41	1647 \pm 64
			Total Calcium (mg/d) (Diet and Dietary Supplements)						
Males	Age (y)	n	1	5	25	50	75	95	99
	1-3	405	373 \pm 35	514 \pm 29	740 \pm 29	970 \pm 30	1218 \pm 54	1605 \pm 90	2102 \pm 237
	4-8	431	460 \pm 53	636 \pm 54	875 \pm 30	1070 \pm 34	1248 \pm 53	1633 \pm 60	2044 \pm 163
	9-13	522	472 \pm 63	613 \pm 63	877 \pm 35	1070 \pm 47	1279 \pm 38	1665 \pm 74	2125 \pm 125
	14-18	654	423 \pm 61	592 \pm 62	905 \pm 40	1210 \pm 42	1584 \pm 54	2440 \pm 149	3058 \pm 219

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	19-30	549	459 ± 30	595 ± 39	890 ± 36	1166 ± 41	1545 ± 52	2159 ± 162	2687 ± 175
	31-50	758	440 ± 79	574 ± 29	874 ± 28	1140 ± 29	1487 ± 47	2165 ± 67	2706 ± 220
	51-70	614	350 ± 24	464 ± 21	737 ± 20	993 ± 21	1321 ± 31	2022 ± 128	2743 ± 205
	≥ 71	368	339 ± 27	455 ± 20	740 ± 30	967 ± 29	1282 ± 37	2015 ± 71	3060 ± 412
Females	1-3	384	397 ± 38	545 ± 24	775 ± 32	947 ± 31	1136 ± 33	1548 ± 86	1825 ± 125
	4-8	468	435 ± 32	534 ± 35	756 ± 32	913 ± 28	1144 ± 47	1541 ± 46	1891 ± 123
	9-13	525	389 ± 61	498 ± 53	749 ± 50	942 ± 39	1200 ± 61	1588 ± 122	2086 ± 280
	14-18	643	301 ± 29	431 ± 37	663 ± 29	867 ± 41	1100 ± 56	1608 ± 118	2008 ± 105
	19-30	481	314 ± 52	437 ± 39	660 ± 31	863 ± 22	1095 ± 51	1671 ± 138	2551 ± 349
	31-50	693	326 ± 16	442 ± 22	691 ± 21	934 ± 26	1275 ± 57	2099 ± 152	2662 ± 128
	51-70	610	280 ± 36	440 ± 23	709 ± 34	1044 ± 44	1487 ± 56	2364 ± 110	3698 ± 793
	≥ 71	332	290 ± 22	385 ± 32	664 ± 19	983 ± 36	1475 ± 47	2298 ± 149	3072 ± 203

¹Data are presented as percentile ± SE

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Supplemental Table 2. Percentiles (\pm SE) of vitamin D intake from the Diet Alone and Total vitamin D Intake (dietary and supplemental sources) by Dietary Reference Intake Gender and Age Groups in the United States 2005-2006¹

Males	Age (y)	n	Vitamin D ($\mu\text{g/d}$) Diet - Only						
			1	5	25	50	75	95	99
	1-3	405	1.4 \pm 0.3	2.4 \pm 0.3	4.8 \pm 0.2	6.8 \pm 0.2	9.3 \pm 0.3	13.2 \pm 0.5	16.7 \pm 0.8
	4-8	431	1.5 \pm 0.3	2.5 \pm 0.3	4.4 \pm 0.3	6.1 \pm 0.3	8.0 \pm 0.3	11.2 \pm 0.6	14.0 \pm 0.9
	9-13	522	1.2 \pm 0.4	2.1 \pm 0.4	3.7 \pm 0.4	5.2 \pm 0.3	7.2 \pm 0.3	10.6 \pm 0.8	13.8 \pm 1.4
	14-18	654	0.6 \pm 0.2	1.2 \pm 0.2	2.9 \pm 0.3	5.0 \pm 0.3	8.1 \pm 0.5	14.7 \pm 1.2	21.5 \pm 2.0
	19-30	549	0.8 \pm 0.2	1.3 \pm 0.2	2.6 \pm 0.3	4.1 \pm 0.3	6.5 \pm 0.4	12.2 \pm 1.2	17.5 \pm 1.5
	31-50	758	0.9 \pm 0.1	1.5 \pm 0.2	3.0 \pm 0.2	4.6 \pm 0.2	7.0 \pm 0.4	12.1 \pm 0.8	17.5 \pm 1.5
	51-70	614	1.0 \pm 0.2	1.6 \pm 0.2	3.0 \pm 0.3	4.5 \pm 0.3	6.5 \pm 0.4	10.8 \pm 0.9	15.3 \pm 1.5
	\geq 71	368	1.4 \pm 0.3	2.1 \pm 0.3	3.6 \pm 0.3	5.1 \pm 0.4	7.0 \pm 0.6	10.7 \pm 1.1	14.2 \pm 1.7
Females	1-3	384	1.5 \pm 0.3	2.5 \pm 0.3	4.6 \pm 0.3	6.4 \pm 0.4	8.7 \pm 0.5	12.8 \pm 1.0	16.4 \pm 1.4
	4-8	468	1.4 \pm 0.2	2.2 \pm 0.2	3.8 \pm 0.2	5.2 \pm 0.2	6.8 \pm 0.4	9.6 \pm 0.6	12.0 \pm 0.9
	9-13	525	1.1 \pm 0.6	1.8 \pm 0.6	3.3 \pm 0.5	4.8 \pm 0.5	6.8 \pm 0.8	10.6 \pm 1.8	13.8 \pm 2.9
	14-18	643	0.7 \pm 0.3	1.1 \pm 0.3	2.0 \pm 0.3	3.3 \pm 0.3	4.9 \pm 0.3	8.4 \pm 0.7	12.4 \pm 1.9
	19-30	481	0.6 \pm 0.2	1.1 \pm 0.3	2.0 \pm 0.3	3.1 \pm 0.3	4.6 \pm 0.3	8.0 \pm 0.9	11.5 \pm 1.2
	31-50	693	0.6 \pm 0.1	1.1 \pm 0.2	2.2 \pm 0.2	3.6 \pm 0.2	5.7 \pm 0.4	10.5 \pm 0.9	16.0 \pm 1.7
	51-70	610	0.8 \pm 0.1	1.3 \pm 0.2	2.3 \pm 0.2	3.4 \pm 0.3	4.9 \pm 0.5	8.2 \pm 1.2	11.5 \pm 2.0
	\geq 71	332	0.8 \pm 0.1	1.3 \pm 0.2	2.6 \pm 0.2	4.0 \pm 0.2	5.8 \pm 0.3	9.2 \pm 0.5	12.6 \pm 0.8
			Total Vitamin D ($\mu\text{g/d}$) (Diet and Dietary Supplements)						
Males	Age (y)	n	1	5	25	50	75	95	99
	1-3	405	1.2 \pm 0.4	2.7 \pm 0.5	5.5 \pm 0.4	8.3 \pm 0.5	12.1 \pm 0.7	20.1 \pm 2.0	22.1 \pm 1.2
	4-8	431	1.7 \pm 0.8	3.1 \pm 0.5	5.6 \pm 0.3	7.8 \pm 0.7	12.2 \pm 0.9	19.4 \pm 0.6	24.9 \pm 3.2
	9-13	522	1.4 \pm 0.3	2.3 \pm 0.5	4.3 \pm 0.4	6.1 \pm 0.3	8.3 \pm 1.3	15.0 \pm 1.0	21.4 \pm 5.5
	14-18	654	0.8 \pm 0.1	1.2 \pm 0.3	2.8 \pm 0.3	5.8 \pm 0.6	9.2 \pm 1.0	17.8 \pm 1.8	25.6 \pm 2.5
	19-30	549	0.7 \pm 0.2	1.3 \pm 0.3	2.5 \pm 0.3	4.8 \pm 0.5	9.2 \pm 0.6	17.8 \pm 1.9	25.6 \pm 3.9
	31-50	758	1.0 \pm 0.1	1.8 \pm 0.2	3.6 \pm 0.3	6.4 \pm 0.6	11.2 \pm 0.6	18.1 \pm 0.6	25.0 \pm 3.1
	51-70	614	1.1 \pm 0.3	1.6 \pm 0.2	3.4 \pm 0.3	6.5 \pm 0.5	13.2 \pm 0.6	19.5 \pm 2.4	24.7 \pm 8.8

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Females	≥ 71	368	1.5 ± 0.4	2.7 ± 0.3	4.9 ± 0.5	8.4 ± 0.8	14.9 ± 0.5	21.1 ± 2.8	38.8 ± 45
	1-3	384	1.8 ± 0.5	3.2 ± 0.6	5.2 ± 0.6	7.6 ± 0.8	10.4 ± 0.6	16.9 ± 1.1	21.6 ± 1.9
	4-8	468	1.6 ± 0.4	2.6 ± 0.3	4.4 ± 0.4	6.4 ± 0.4	9.8 ± 1.4	16.8 ± 1.5	47.2 ± 24
	9-13	525	0.9 ± 0.6	1.6 ± 0.7	3.3 ± 0.7	5.4 ± 0.6	8.9 ± 1.9	18.9 ± 3.9	25.6 ± 57
	14-18	643	0.7 ± 0.2	1.1 ± 0.3	2.1 ± 0.5	3.6 ± 0.3	6.3 ± 1.0	14.2 ± 1.1	17.4 ± 1.8
	19-30	481	0.4 ± 0.2	0.8 ± 0.3	2.1 ± 0.3	3.9 ± 0.4	7.7 ± 0.5	16.0 ± 1.8	24.9 ± 3.5
	31-50	693	0.6 ± 0.1	0.9 ± 0.1	2.6 ± 0.3	5.8 ± 0.5	11.8 ± 0.9	19.6 ± 1.5	24.6 ± 2.2
	51-70	610	0.9 ± 0.2	1.6 ± 0.3	3.4 ± 0.4	7.7 ± 0.9	14.0 ± 0.7	23.4 ± 2.2	72.7 ± 39
	≥ 71	332	0.8 ± 0.3	2.0 ± 0.2	3.7 ± 0.3	8.9 ± 0.9	14.3 ± 0.8	23.5 ± 0.7	32.4 ± 3.2

¹Data are presented as percentile ± SE